

### Introduction to the Internet

#### **Ralph Wright**

Thursday, May 15, 2003; 3:30-5:00 PM  
Sandy Senior Center, 9310 S 1300 E, Sandy  
**CFS Movie: "I Remember Me"**  
Thursday, May 15, 2003; 7:00 PM  
Broadway Centre Cinema  
111 E Broadway, SLC  
Advanced registration encouraged;  
E-mail OFFER at offerregistration@yahoo.com

## **May 20, 2003**

### Introduction to the Internet

#### **Jacque Stonebraker**

Tuesday, May 20, 2003; 3:30-5:00 PM  
Mt. Olympus Senior Center  
1635 East Murray-Holladay Road, Holladay

## **May 13, 2003**

### Golf and Arthritis

#### **Melanie Van Delden**

Wednesday, May 21, 2003; 12:00-1:30 PM  
Mulligan's Golf, 692 W 10600 S, South Jordan

### Arthritis Answers

#### **Jeffrey Matthews, M.D.**

Wednesday, May 21, 2003; 7:00 PM  
Provo Library - Brimhall Room  
550 W University Ave, Provo

## **May 16, 2003**

### OFFER CFS/FM Education Conference

Friday May 16, 2003; 8:00-5:00 PM  
Marriott University Park Hotel  
400 S Wakara Way, SLC  
Featuring internationally renowned researchers:  
**Dr. Nancy Klimas, CFS Immunology, Miami**  
**Dr. Robert Bennet, FM Rheumatology, Oregon**  
Advanced registration required.  
E-mail offer at: offerregistration@yahoo.com

## **Coming Soon!!**

**Golf Tournament** - SLC, Aug. 18  
**Juvenile Arthritis Family Day** -SLC, Sept. 27  
**Juvenile Arthritis Family Day** -Boise, Oct. 2003  
**Evening of Honors** - SLC, Oct. 16

536-0990/1-800-444-4993  
www.arthritis.org

## **Warm Water Exercise Classes**

The Arthritis Foundation Aquatic Program is taught at numerous locations throughout Utah and Idaho. Please see our website for the full list of locations. This month, the following Utah facilities are offering a class for free or a reduced fee. Take this opportunity to experience the fun of warm water exercise. Bring your swimsuit, towel and padlock.



### **American Fork Fitness Center**

Free, May 5-9, 8:30-9:30 AM  
454 North Center, American Fork; 763-3084

### **Cottonwood Heights Parks & Recreation**

Free, May 13, 10:15-11:15 AM  
7500 S 2700 E, SLC; 943-3190

### **Fairmont Aquatic Center**

Free, May 2, 10:30 AM or Noon  
1044 E Sugarmont Drive, SLC; 486-5867

### **Gunnison Valley Swimming Pool**

Free, May 20, 7:30 AM  
45 W 300 N, Gunnison; 528-7126

### **Holladay-Lions Fitness & Recreation Ctr**

Half Price: Seniors \$1.75, Adults \$2.25  
May 12 & 14 at 5:30 PM,  
May 13 & 15 at 10:00 AM; 424-0621  
1661 East Murray Holladay Road, Holladay

### **Kearns Oquirrh Park Fitness Center**

Free, May 29, 10:15 AM  
5624 S 4800 W, Kearns; 966-5555

### **Lakeview Pool**

Free, May 6, Noon  
520 E Medical Drive, Bountiful; 299-2190

### **Madsen Preventive Cardiology (U of U)**

Free, May 22, 10:00 AM or 3:00 PM  
546 Chipeta Way, Suite 200, SLC; 585-7718

### **Mt. Ogden Nursing & Rehabilitation**

Free, May 27 & 29, 1:00 PM  
375 E 5350 S, Washington Terrace  
Call Nikki or Brian at 479-5700

### **The Orthopedic Specialty Hospital**

Free, May 6, 11:00 AM  
5848 S Fashion Blvd (300 E), Murray  
4-foot deep pool, 314-4046

### **Sandy Regional Outpatient Clinic**

Fibromyalgia Water Exercise Class  
Half Price: \$1.50, May 6, 3:30 PM  
50 E 9000 S, Sandy; 4-5 ft. deep pool  
Call ahead to register: 562-0066

### **South Summit Middle School Pool**

Free, May 15, 9:00-10:00 AM  
335 E 300 S, Kamas; 435-783-2423

### **SUU Physical Education Building**

Free, May 5, 7, 9, at 7, 8, 9, or 10 AM  
350 W Center, (corner of Center and 600 West)  
Cedar City; 586-7816

### **West Valley City Family Fitness Center**

Free, May 5, 7, 9, at 10:10 AM  
5415 W 3100 S, West Valley City, 955-4000

### **YWCA of Salt Lake City**

Free, May 14, 9:30-10:30 AM  
322 E 300 S, SLC; 537-8600

# Idaho Arthritis and Fibromyalgia Wellness Month

## TREASURE VALLEY:

**May 1, 2003** Boise Arthritis Support Group  
*Darlene Pollard*  
Thursday, May 1, 2003; 12:00 PM  
Idaho Elks Rehabilitation Hospital  
Sawtooth Room, 4<sup>th</sup> Floor  
600 N Robbins Road, Boise  
Call Darlene at 377-4253 for information

**May 14, 2003** Warm Water Exercise  
Wednesday, May 14, 2003; 12:00 PM  
Rocky Mountain Fitness & Recreation  
875 East Plaza Drive, Eagle  
Call 939-3878

**May 2003** Warm Water Exercise  
Try one class for free in May  
Tuesdays or Thursdays; 1:00 - 2:00 PM  
St. Luke's Idaho Elks Rehabilitation  
600 N Robbins Road Suite 101, Boise  
Call 489-5026

**June 2- July 7** Arthritis Self-Help Course  
Mondays, 7:00-9:00 PM  
Idaho Elks Rehabilitation Hospital  
600 N Robbins Road, Boise  
Pre-registration required

## DOWNEY:

**May 2003** Warm Water Exercise  
New participants can try 1 week for  
free in May, M, W, F at 8 AM  
Downata Hot Springs  
25900 S Downata Road, Downey  
Call 897-5736 for more information

## IDAHO FALLS:

**May 2, 2003** Warm Water Exercise  
Friday, May 2, 2003; 1:00-2:00 PM  
Apple Athletic Club; Call 529-8600  
2030 Jennie Lee Drive, Idaho Falls

**May 15, 2003** Arthritis Answers  
*Craig Scoville, MD*  
Thursday, May 15, 2003; 7:00-9:00 PM  
Peak Performance, 2323 Coronado  
Idaho Falls; Register at 1-800-444-4993

## POCATELLO:

**May 7, 2003** Arthritis Support Group  
Wednesday, May 7, 2003; 7:00 PM  
Sports & Orthopaedic Center at ISU  
560 Memorial Drive, Pocatello

**May 15, 2003** Arthritis Walk & Workshop  
Thursday, May 15, 2003; 8:00-noon  
Fort Hall - Tribal Business Center  
Call Jim at 238-5435 for information

## TWIN FALLS:

**May 13, 2003** Arthritis Answers - Donald Pica, MD  
Surgery Advances - Mark Wright, MD  
Tuesday, May 13, 2003;  
6:30-8:30 PM;  
Bridgeview Estates, Great Room  
1828 Bridgeview Blvd., Twin Falls  
Register by calling 1-800-444-4993

**May 14, 2003** Arthritis Exercise Class  
Wednesday, May 14, 2003  
1:30-2:30 PM; Bridgeview Estates  
1828 Bridgeview Blvd., Twin Falls  
Call 736-3933

**May 17, 2003** Arthritis and Fibromyalgia  
Education Day  
Saturday, May 17, 2003; 12:00-4:30 PM  
St. Luke's Meridian Medical Center  
520 S Eagle Road, Meridian, Idaho  
Please register at 489-4040 ext. 6365

12:30-1:30 PM Osteoporosis  
*James Loveless, MD*

Arthritis Answers  
*Steven Ecklund, MD*

Gardening & Arthritis  
*Rod Burke, Idaho Botanical Garden*

2:00 - 3:00 PM Surgery Advances  
*Colin Poole, MD*

Managing Chronic Pain  
*Barbara Quattrone, MD*

Daily Living  
*Jody Bradbury, OT*

3:15 - 4:15 PM Panel: Be Your Own Advocate

Wellness Through Active Living  
*Kelly Odell, RT*

Gardening & Arthritis  
*Rod Burke, Idaho Botanical Garden*



# Arthritis Walk in Salt Lake City, Utah, May 3, 2003

## Walkers Wanted To Help Fight Arthritis

**Join the Team for a Cure.** Put your best foot forward and help the Arthritis Foundation improve lives and find a cure for America's number one cause of disability. Take part in the Arthritis Foundation's nationwide Arthritis Walk<sup>SM</sup> and help over 800,000 Utahns and Idahoans with arthritis take control.

The Arthritis Walk<sup>SM</sup> will take place Saturday, May 3, 2003 on the University of Utah Campus at historic Fort Douglas, home of the Olympic Village during the 2002 Winter Olympics in Salt Lake City. Participants will have the choice of a 5K (3.1 mile) or 1-mile walk.

Men, women and children with arthritis will lead the way wearing special blue honoree hats to show that they are taking control of their arthritis. During the walk you'll have an opportunity to write a message on the inspirational Wall of Heroes. If you'd like to walk in honor of someone with arthritis, bring a picture of that person to be posted on the Wall of Honor.

The best way to enjoy the Arthritis Walk<sup>SM</sup> is to invite others to walk with you. Anyone can participate. Recruit co-workers, friends, family, neighbors, whomever, and get them to join in the fun. All participants who raise \$100 or more will earn an official Arthritis Walk<sup>SM</sup> t-shirt.

Whether you choose to join a team or walk on your own, you'll be doing your part in the fight against arthritis, plus you'll have fun doing it. The activities don't stop once you've crossed the finish line. Be sure to stick around for the post-walk celebration featuring entertainment, food and valuable health information. **Together we WILL make a difference!**

The Arthritis Walk is a perfect starting point for you to help yourself and others. You can get moving, get informed about the signs of arthritis and learn more about joint-safe exercise programs offered through the Arthritis Foundation.



Register online and we will help you create your own Arthritis Walk web page. It will make organizing a team fun and easy. **For more information or to register for the Arthritis Walk<sup>SM</sup> call Leslie Nelson at (801) 536-0990.**



Money raised from the Arthritis Walk funds a multitude of programs and services in Utah and Idaho to help people prevent and control arthritis. This year, the Arthritis Walk is being presented nationally by Aleve<sup>®</sup> marketed by Bayer Consumer Care, with additional support provided by Rexall Sundown's Osteo Bi-Flex<sup>®</sup>, Yahoo! Pay Direct<sup>®</sup> by HSBC, Dannon Natural Spring Water, and national media sponsor *Arthritis Today Magazine*.

*Individuals with arthritis lead the way wearing blue honoree caps.*

For a free brochure about *Walking and Arthritis* or to Register for the Arthritis Walk, call 1-800-444-4993.

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## Salt Lake City Arthritis Walk Registration Information

Register online at [www.arthritis.org](http://www.arthritis.org) or complete the form below. **(Please print.)**

- ☐ I am walking as an individual. My fundraising goal is: \$\_\_\_\_\_.
- ☐ I am walking as a member of a team. Team Name \_\_\_\_\_
- ☐ I would like information on forming a team.
- ☐ I have arthritis. Please reserve a blue "hero" cap for me!
- ☐ I would like to volunteer at the event.
- ☐ My company has a matching gifts program.
- ☐ I am unable to participate, but would like to support the fight against arthritis. My contribution is \$\_\_\_\_\_.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening: \_\_\_\_\_ Email: \_\_\_\_\_

Gender: Male Female Date of Birth: \_\_/\_\_/\_\_ Company/School/Organization: \_\_\_\_\_ Position/Title: \_\_\_\_\_

Mail form to:  
Arthritis Foundation, Utah/Idaho Chapter  
448 E 400 S, Suite 103  
Salt Lake City, UT 84111

Or register by phone or online at:  
801-536-0990 or [www.arthritis.org](http://www.arthritis.org)

**Waiver Release: Signature Required** I hereby certify the following: (1) I am physically fit and have received clearance to participate in the Arthritis Walk. (2) In consideration for my application to participate in the Arthritis Walk being accepted, I, on behalf of myself, my heirs, and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may accrue as the result of my participation. (3) I hereby grant the Arthritis Foundation specific permission to reproduce, publish, circulate, copyright or otherwise use any and all photographs and/or videotape of me and/or my family, taken at the Arthritis Walk, for use by the Arthritis Foundation.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's or guardian's if less than 18 years of age \_\_\_\_\_

## Because others are counting on you

Your will is a written expression of significant decisions you make that may have an impact on generations to come. Through your will, you can provide for your loved ones, as well as arrange to help organizations that have played a special part in your life, such as the Arthritis Foundation.

By including a bequest or gift to the Arthritis Foundation in your will, you can help find a cure for arthritis, improve the lives of those affected, and prevent others from suffering.



**FOR FREE INFORMATION** about wills and bequests or to include the Arthritis Foundation in your estate plan, please fill out this form and mail to: Arthritis Foundation Charitable Estate Planning Department P.O. Box 7669 • Atlanta, GA 30357-0669. You may also email requests to: [rjohnson@arthritis.org](mailto:rjohnson@arthritis.org)

Name

Address

City

State  Zip

Phone

Birthdate  /  /  Email

  
**AUTOS FOR ARTHRITIS**  
Drive The Fight Against Arthritis  
Arthritis Foundation®

Donate your Car - Call 1-800-444-4993

## Bequests Provide Help and Hope

Each year, our organization benefits from gifts made through wills and trusts. Many of the bequests that our organization receives were set up by donors 20 and 30 years ago. Because of their generosity and planning, we have been able to make great strides in the fight against arthritis. You don't have to be wealthy to make a bequest. No matter the amount, every gift is important. A bequest can be made by anyone, regardless of his or her assets. And it doesn't cost you anything today. You continue to have control and use of your money for the rest of your life.

We are in very exciting times in arthritis research - new disease-modifying medications, remarkably effective surgical and self-management interventions, new treatments that may ease or prevent the life-threatening complications of lupus - and our researchers think that a cure for rheumatoid arthritis is just around the corner.

Treatments for different forms of rheumatic diseases like fibromyalgia and osteoarthritis are also improving each year. More importantly, we are now better equipped to diagnose and treat the nearly 300,000 children with juvenile arthritis.

A bequest provides help and hope for the nearly 70 million Americans who live with arthritis, our nation's number one disabling disease. Through a bequest, you can ensure that research continues for the causes and treatment of arthritis for generations to come.

Please notify us when you have named the Arthritis Foundation in your will. We would very much like the opportunity to thank you for your generosity.

If you prefer to remain anonymous, your gift will be kept completely confidential. However, recognition of your gift can encourage others to do the same. Whatever the case, we will honor your wishes because we appreciate your support immensely.

**Your will is your final opportunity to convey your desires, your values and your hopes to the next generation. Learn how to leave your mark by calling for a free brochure, 800-444-4993.**



### UTAH/IDAHO CHAPTER

448 East 400 South, Suite #103  
Salt Lake City, Utah 84111

[www.arthritis.org](http://www.arthritis.org)

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